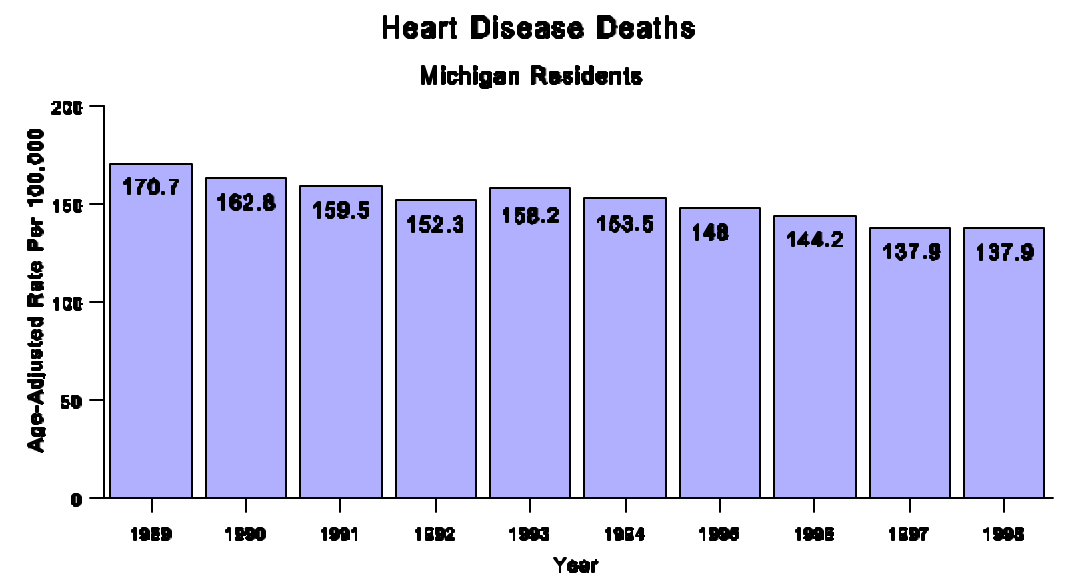


Vital Statistics Indicators

Heart Disease Deaths



Source: Division for Vital Records and Health Statistics, MDCH

How are we doing?

Heart disease remains the leading cause of all deaths in Michigan and the second leading cause of Years of Potential Life Lost (YPLL) for people below the age of 75.

The largest category of heart disease is ischemic heart disease, which is caused by diminished blood supply to the heart and usually results in a heart attack. In many cases, ischemic heart disease can be prevented by changes in lifestyle, such as quitting smoking, improving dietary habits, or increasing physical activity.

In 1998, there were 27,851 deaths due to heart disease in Michigan. The age-adjusted rate for heart disease death was 137.9 per 100,000 population. The rate of death from heart disease in Michigan has declined 19 percent during the past 10 years.

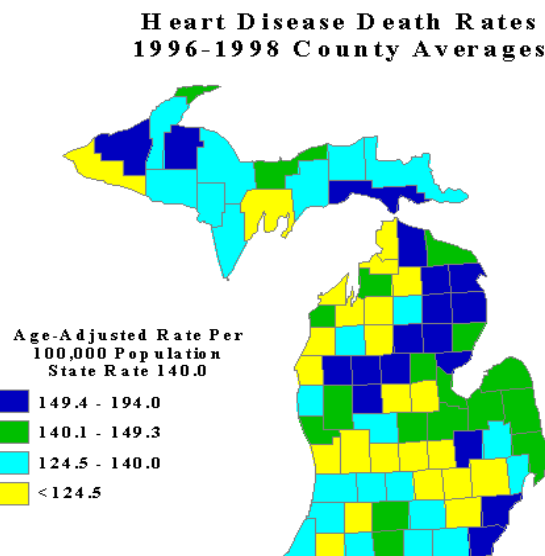
How does Michigan compare with the U.S.?

The heart disease death rate has been higher in Michigan than in the U.S. since the mid-1970s. Michigan's 1997 age-adjusted heart disease death rate of 137.9 was higher than the U.S. rate of 130.5. Heart disease was the leading cause of all deaths in the U.S. and the second leading cause of YPLL in 1997.

How are different populations affected?

In Michigan, 83 percent of heart disease deaths occurred to individuals aged 65 or older in 1998.

African-Americans have higher heart disease death rates than whites. In Michigan, the age-adjusted death rate for heart disease was 197.8 for African-Americans compared to 130.3 for whites in 1998.



Men have higher heart disease death rates than women. In Michigan, the age-adjusted death rate for men was 182.7 compared to 101.9 for women in 1998. African-American males had the highest heart disease death rate at 253.5.

What other information is important to know?

Smoking, physical inactivity, hypertension, obesity, and high blood cholesterol all contribute to the likelihood of developing heart disease. Other contributing risk factors include a family history of heart disease, age, gender, diabetes, and poor diet. Many studies have shown that the risk factors associated with heart disease can be reduced by early identification in conjunction with lifestyle changes and treatment.

What is the Department of Community Health doing to affect this indicator?

The department is actively working to decrease the incidence and impact of heart disease. The department supports direct services to Michigan residents. For example, the Cardiovascular Disease Prevention Program offers services around the state that include heart health screenings. This program also offers education in communities, work sites, schools, churches, and health care systems aimed at controlling risk factors that lead to heart disease and stroke. These education programs assist in reducing tobacco use, improving blood pressure and cholesterol control, increasing physical activity, improving dietary patterns, and maintaining a healthy weight. Other services include community awareness activities, media campaigns, and community health events. High-risk groups, such as African-Americans, are specifically targeted.

The 5-A-Day for Better Health Program works with local communities to promote fruit and vegetable

consumption in the context of a low fat, healthy diet. In cooperation with the Governor's Council on Physical Fitness, Health and Sports and the Michigan Fitness Foundation, the department has sponsored the development and distribution of a model physical education curriculum for Michigan schools encouraging lifelong physical activity. An ongoing surveillance of trends in mortality from diseases of the heart is currently being conducted.

Last updated: February 2000.